ABSTRAK

Mahasiswa rantau yang sedang mengerjakan skripsi akan banyak menghadapi kesulitan baik secara fisik maupun mental karena mahasiswa dituntut untuk dapat menyesuaikan diri dengan proses pembelajaran selama proses pengerjaan skripsi. Oleh karena itu, mahasiswa memerlukan resiliensi untuk bertahan dan bangkit dari situasi yang sulit dan tertekan. Penelitian ini bertujuan untuk mengetahui hubungan antara *perceived social support* dan regulasi diri dengan resiliensi pada mahasiswa rantau yang sedang mengerjakan skripsi. Subjek dalam penelitian ini berjumlah 204 mahasiswa dengan karakteristik sebagai mahasiswa rantau tahun yang sedang mengerjakan skripsi. Mahasiswa yang berkuliah di Yogyakarta. Metode pengumpulan data *perceived social support* menggunakan skala *Multidimensional Scale of Perceived Social Support* (MSPSS), regulasi diri dengan menggunakan skala *Short Self-Regulation* (SSR), Skala resiliensi menggunakan skala *Connor-davidson Resilience Scale* (CD-RISC). Teknik analisis data digunakan merupakan teknik korelasi Spearman-*rho* (*rank spearman correlation coefficient*) yang dikembangkan oleh Charles Spearman. Berdasarkan hasil analisis data yang diperoleh nilai korelasi (rs) = 0,118 dengan (p < 0,050) yang menunjukkan adanya hubungan positif antara perceived social support dengan resiliensi pada mahasiswa rantau yang sedang menegerjakan skripsi, hasil uji analisis korelasi spearman correlation diperoleh nilai korelasi (rs) = -0,223 dengan (p < 0,050) yang menunjukkan adanya hubungan negatif antara regulasi diri dengan resiliensi pada mahasiswa rantau yang sedang menegerjakan skripsi. Hipotesis yang diajukan dalam penelitian ini diterima, bahwa terdapat hubungan yang signifikan antara dukungan *perceived social support* dan regulasi diri dengan resiliensi pada mahasiswa rantau yang sedang mengerjakan skripsi. Diterimanya hipotesis ini menunjukkan nilai hasil analisis data tersebut juga menghasilkan nilai koefisien determinasi (R^2) = 0,28 hal tersebut menunjukkan bahwa *perceived social support* memiliki kontribusi sebesar 28% terhadap resiliensi, sedangkan nilai koefisien determinasi (R^2) = 0,34 hal tersebut menunjukkan bahwa regulasi diri memiliki kontribusi sebesar 34% terhadap resiliensi dan sisanya 38%.

Kata kunci: *Perceived Social Support, Regulasi Diri dan Resiliensi*

ABSTRACT

Overseas students who are working on their thesis will face many difficulties both physically and mentally because students are required to be able to adapt to the learning process during the process of working on their thesis. Therefore, students need resilience to survive and recover from difficult and stressful situations. This research aims to determine the relationship between perceptions of social support and self-regulation and resilience in overseas students who are working on their thesis. The subjects in this research were 204 students with the characteristics of overseas students who were working on their thesis. Students studying in Yogyakarta. The data collection method for perceptions of social support uses the Multidimensional Scale of Perceived Social Support (MSPSS), self-regulation uses the Short Self-Regulation (SSR) scale, the resilience scale uses the Connor-Davidson Resilience Scale (CD-RISC). The data analysis technique used is the Spearman-rho correlation technique (Spearman rank correlation coefficient) developed by Charles Spearman. Based on the results of data analysis, the correlation value (rs) = 0.118 with (p < 0.050) which shows that there is a positive relationship between perceptions of social support and resilience in overseas students who are working on their thesis, the results of the Spearman correlation analysis test obtained a correlation value (rs) = -0.223 with (p < 0.050) which shows that there is a negative relationship between self-regulation and resilience in overseas students who are working on their thesis. The hypothesis proposed in this research is accepted, that there is a significant relationship between perceived social support and self-regulation and resilience in overseas students who are working on their thesis. Acceptance of this hypothesis shows that the value of the results of the data analysis also produces a coefficient of determination (R^2) = 0.28, this shows that perceived social support has a contribution of 28% to resilience, while the coefficient of determination (R^2) = 0 These 34 things show that self-regulation has a contribution of 34% to resilience and the remaining 38%.

Keywords: Perceived Social Support, Self-Regulation and Resilience